



168 DISCIPLESHIP MEASUREMENT

The process of growing as followers of Jesus is what we call “discipleship.” Being a Christian isn't about mental assent to a set of religious statements, but surrender to Jesus as our rescuer and ruler. Discipleship then is not an agreement, but an ongoing, lifelong apprenticeship.

There are many tools or practices (sometimes called “spiritual disciplines”) that propel us in the right direction and deepen our maturity as disciples. The point of discipleship is not the practices, but the person they put us in a position to know, love and become like: Jesus. And as we grow as disciples, we multiply and produce more disciples.

We believe that Christian discipleship is about knowing and following Jesus. For each of the 168 hours in our week, we want to position ourselves for transformation so that we grow and multiply. One of the tools that helps us do that is MEASUREMENT.

Authentic discipleship benefits from honest and transparent measurement. We are called to grow in Christ, but growth is a cooperative effort with God's activity in our lives. It is by grace we've been saved, and it will be by grace that we grow. So with the foundation of grace and the application of truth, the following assessment can be used to identify growth areas and measure progress as the Holy Spirit empowers us.

HOW TO USE THIS SELF-ASSESSMENT

STEP 1: Begin with prayer.

Pause, breathe, and invite the Holy Spirit into the process of reflection. Ask him to help you see yourself clearly and then highlight what is important to him at this time in your life. A starting point for prayer:

“Father, I thank you for your amazing goodness in my life. I want to know and follow you better. I ask you to help me look at my life accurately and free from condemnation, knowing that you love me completely but also have more for me to experience. Lead and guide me in your power and grace for your glory.”

STEP 2: Hold healthy expectations.

No one is flawless. Everyone has areas to grow. Don't be discouraged, but do be real. Measurement is not about shaming us into perfection, but in identifying starting points for experiencing new levels of the abundant life Jesus has called us to.

STEP 3: Use the scale below to respond to each statement.

1 - Never / 2 - Rarely / 3 - Sometimes / 4 - Regularly / 5 - Always

I am amazed by God. ___
I view others the way God views them. ___
I view myself the way God views me. ___
I am motivated by love more than duty in my relationship with God. ___
I seek approval from God rather than others. ___
I believe that God is really fond of me. ___
I live as though my value is not linked to my performance. ___
I am the same person in private as I am in public. ___
I am a joyful person. ___
I am a patient person. ___
I am thankful for what God has given me. ___
I am gracious to myself when I make mistakes. ___
I live in victory over sinful desires. ___
I am not bitter or resentful. ___
I don't over react to people or circumstances. ___
I have good control over my words. ___
I am aware of my spiritual gifts and use them to serve God. ___

I participate in a community group at my church. ___
I have people ahead of me in Christian maturity that invest in my life. ___
I have people behind me in Christian maturity that I build into. ___
I participate in initiatives to serve the city I live in. ___
I participate in worship gatherings at my church. ___
I have a meaningful time of prayer each day. ___
I am honest with God about how I feel, think, and act. ___
I make decisions by seeking the Holy Spirit's guidance first. ___
I pray in a variety of ways throughout the week. ___
I often find myself speaking to God throughout the day. ___
I am comfortable praying out loud with others. ___
I pray with other people. ___
I pray for those who don't know Jesus yet. ___
I take time to be alone and quiet with God. ___
I hear God's voice. ___
I listen to God's voice. ___
I have an awareness of God's presence in my life. ___

I have read through the whole Bible. ___
I have a meaningful time of Bible reading each day. ___
I meditate on passages of Scripture. ___
I memorize Scripture. ___
I value what is true over what feels good. ___
I evaluate culture with a biblical worldview. ___
I evaluate my own thoughts, actions, and attitudes in light of what Scripture says. ___
I feel like God often shows me new things when I read Scripture. ___
I act when God highlights something from his word. ___
I study scripture beyond devotional reading. ___

I have a broad understanding of the gospel story from Genesis to Revelation. ___
I am confident in describing who God is to others. ___
I know how to lead someone to become a follower of Jesus. ___
I recognize opportunities to apply the gospel to situations and conversations. ___
I have names of people I'm seeking to share my faith with. ___
I develop and maintain relationships with people who don't know Jesus yet. ___

I fast from food to seek God. ___
I fast from things other than food to seek God. ___
I am able to focus and be free of distraction. ___
I am aware of negative influences in my life (people, places, or things). ___

I am generous with what God has given me. ___
I regularly think about the fact that I am a steward of God's resources. ___
I worship God with my money. ___
I give a portion of my income to my local church. ___
I give a portion of my income to advance God's kingdom globally. ___
I give a portion of my income to alleviate suffering and injustice. ___
I spend my money in a way that reflects God's kingdom priorities. ___
I enjoy serving even if I don't get recognition. ___

I have purposefully scheduled a weekly rhythm of rest. ___
I am physically fit. ___
I am conscious about what I eat or drink and how it affects my health. ___
I don't consume anything to the point of impairing my judgment. ___
I get adequate (7-8 hours) of sleep per night. ___
I am generally unhurried in life. ___
I regulate my screen time in a healthy way. ___
My life feels balanced more than overwhelming. ___

I seek God when stressed. ___
I trust God when facing fear or difficulty. ___
I don't worry about things outside of my control. ___
I accept criticism well. ___
I manage disappointment and anger in a way that honours God. ___
I take responsibility for my emotions and behaviour instead of shifting blame. ___
I am aware of how my upbringing has influenced my outlook on life. ___
I am willing to engage in conflict respectfully. ___
I am willing to resolve conflict respectfully. ___
I ask for forgiveness when I've made a mistake. ___
I extend forgiveness when I've been wronged. ___
I resist being cynical or sarcastic. ___
I resist being judgmental. ___
I submit to those in authority over me. ___
I look to the needs of others before myself. ___
I give people my full attention when talking with them. ___
I have trustworthy friends who help me follow Jesus better. ___
I use close relationships for intentional accountability. ___

(If single)

I am happy and content in my singleness. ___
I honour God with my sexuality in my singleness. ___
I am confident in my value and my role in the Church as a single person. ___

(If married)

- I don't suppress issues with my spouse. ___
- I am clear on what is expected of me in my relationship and how to fulfill those roles. ___
- I have a high level of respect for my spouse. ___
- I have a marriage that reflects the relationship between Jesus and the Church. ___
- I pray with my spouse. ___
- I am aware of the needs of my spouse. ___
- I intentionally seek to meet the needs of my spouse. ___
- My spouse and I have a healthy sex life. ___
- My spouse and I prioritize quality time together. ___
- My spouse and I encourage each other's spiritual growth. ___
- My spouse and I agree on how to manage our resources. ___
- My spouse and I agree on how to raise our kids. ___

(For families)

- We find fun activities to build family memories. ___
- We prioritize time to seek and celebrate God together. ___
- We serve one another and take care of each others' needs. ___
- We seek opportunities to serve others together outside our home. ___
- We seek opportunities to hospitably serve others inside our home. ___
- We resolve conflict well. ___
- We have a home characterized by love, joy, and peace. ___

STEP 4: Involve someone else.

This assessment benefits from the investment of a coach or mentor. As a church we are committed to coming alongside you to help you know and follow and love Jesus more. Use the "Connect" button on the homepage of centralheights.ca to indicate you would like for us to follow up with you!

Matthew 22:37-39 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.'This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'

Philippians 2:12-13 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.

2 Peter 3:18 But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

1 John 2:5-6 But if anyone obeys his word, love for God is truly made complete in them. This is how we know we are in him: Whoever claims to live in him must live as Jesus did.

Galatians 5:22-25 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.

